

Roxeth Primary - Week 3

Fred

 Cereals Containing Gluten

 Peanuts

 Tree Nuts

 Milk

 Eggs

 Crustaceans

 Fish

C Celery and Celeriac

 Soya and Soya Products

S Sesame Seeds

 Molluscs

 Mustard

L Lupin

 Sulphites

 GM Foods

Vegetarian

Vegan

Gluten Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals		Sticky Honey Chicken Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products May Contain: Modifiers:	Lamb Bolognese Does Contains: May Contain: Modifiers:	Roast Chicken - MKG Does Contains: May Contain: Modifiers:	Fish Stars Does Contains:   Gluten (Wheat), Cereal Containing Gluten, Fish May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meals	Cheese & Tomato Pizza Baguette 🌱 Does Contains: 🌿🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🌾C Gluten (Barley), Gluten (Rye), Gluten (Oats), Celery and Celeriac Modifiers:	Sticky Honey Quorn 🌱 Does Contains: 🌿🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products May Contain: 🥛 Mustard Modifiers:	Vegetarian Meatballs in Tomato Sauce (VG) - KEEP 🌱 Does Contains: 🥛 Soya and Soya Products May Contain: Modifiers:	Vegetarian Sausages (VG/GF/DF) 🌱 Does Contains: 🥛 Soya and Soya Products May Contain: Modifiers:	Cheese & Tomato Pinwheel 🌱 Does Contains: 🌿🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🥛L🥛 Soya and Soya Products, Lupin, Mustard Modifiers:
	Cheese & Sweetcorn Puff 🌱 Does Contains: 🌿🥛 Gluten (Wheat), Cereal Containing Gluten, Milk May Contain: 🥛L🥛 Soya and Soya Products, Lupin, Mustard Modifiers:				
Sides	Homemade Bread 🌱 Does Contains: 🌿🥛🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🥛🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🥚 Eggs Modifiers:	Green Beans (VG) 🌱 Does Contains: May Contain: Modifiers:	Knorr Gravy (VG) 🌱 Does Contains: May Contain: Modifiers:	Chips (VG) 🌱 Does Contains: May Contain: Modifiers:

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	Diced Potatoes (VG) 🌱 Does Contains: May Contain: Modifiers: Peas (VG) 🌱 Does Contains: May Contain: Modifiers:	Noodles 🌱 Does Contains: 🌿🍳 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: Modifiers: Broccoli (VG/GF) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍳🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers: Spaghetti (VG) 🌱 Does Contains: 🌿 Gluten (Wheat), Cereal Containing Gluten May Contain: 🌿 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Carrots (half portion) (VG/GF) 🌱 Does Contains: May Contain: Modifiers: Mashed Potatoes (VG) 🌱 Does Contains: 🧪 Sulphites May Contain: Modifiers: Homemade Bread 🌱 Does Contains: 🌿🍳🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers: Cauliflower (half portion) (VG) 🌱 Does Contains: May Contain: Modifiers:	Homemade Bread 🌱 Does Contains: 🌿🍳🥛 Gluten (Wheat), Cereal Containing Gluten, Soya and Soya Products, Milk May Contain: 🍳 Eggs Modifiers: Peas (VG) 🌱 Does Contains: May Contain: Modifiers: Baked Beans (VG) 🌱 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
Third Option	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:	Side Salad (VG/GF/DF) Does Contains: May Contain: Modifiers:
	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF) Does Contains: May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) Does Contains: Milk May Contain: Modifiers:	Jacket Potato Tuna Mayo Topping Does Contains: Fish, Eggs May Contain: Modifiers:
	Jacket Potato Grated Cheese Topping Does Contains: Milk May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: Milk May Contain: Modifiers:	Twisty Pasta Topping - Tomato Sauce (VG/GF) Does Contains: May Contain: Modifiers:	Jacket Potato Grated Cheese Topping Does Contains: Milk May Contain: Modifiers:
	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta (VG) Does Contains: Gluten (Wheat), Cereal Containing Gluten May Contain: Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Vegan Grated Cheddar (VG/DF) Does Contains: May Contain: Modifiers:	Jacket Potato (VG/GF/DF) Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Twisty Pasta Topping - Grated Cheddar (GF) 🌱 Does Contains: 🥛 May Contain: Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:	Twisty Pasta (VG) 🌱 Does Contains: 🌿 Gluten (Wheat), Cereal Containing Gluten May Contain: 🌾 Gluten (Barley), Gluten (Rye), Gluten (Oats) Modifiers:	Jacket Potato Baked Beans Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers: Jacket Potato Grated Cheese Topping (VG/GF/DF) 🌱 Does Contains: May Contain: Modifiers:
	Desserts	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Grapes (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Apple (VG) 🌱 Does Contains: May Contain: Modifiers:	Yogurt (Mullerlight) 🌱 Does Contains: 🥛 Milk May Contain: Modifiers: Fruit - Orange (VG) 🌱 Does Contains: May Contain: Modifiers:

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers: Orange Oat Cookie 🍪 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Gluten (Oats), Eggs May Contain: 🌿🍷 Gluten (Barley), Soya and Soya Products Modifiers: Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍊 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers: Fruit Salad (VG) 🍏 Does Contains: 🍷 Sulphites May Contain: Modifiers: Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍊 Does Contains: May Contain: Modifiers:	Secret Brownie 🍪 Does Contains: 🌿🍷 Gluten (Wheat), Cereal Containing Gluten, Eggs May Contain: 🍷 Soya and Soya Products Modifiers: Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍊 Does Contains: May Contain: Modifiers: Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers: Strawberry Jelly (VG) 🍓 Does Contains: May Contain: Modifiers: Fruit - Banana (VG) 🍌 Does Contains: May Contain: Modifiers: Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers:	Fruit - Apple (VG) 🍏 Does Contains: May Contain: Modifiers: Chocolate Ice Cream 🍦 Does Contains: 🍷🍷 Soya and Soya Products, Milk May Contain: Modifiers: Fruit - Grapes (VG) 🍇 Does Contains: May Contain: Modifiers: Fruit - Orange (VG) 🍊 Does Contains: May Contain: Modifiers: